

**Competition Announcement**  
**Albany Figure Skating Club**  
**Spring Basic Skills Competition**



Saturday March 14<sup>th</sup>, 2015 from 1:00-4:00pm

The Bethlehem Area YMCA

900 Delaware Avenue, Delmar, NY 12054

US Figure Skating Sanction # 18158

US Figure Skating Basic Skills Approved

## ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All SNOWFLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including MIF or Individual Dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

ENTRIES AND FEES -All entries must be postmarked no later than **Saturday, February 28<sup>th</sup>, 2015**. Late entries will be accepted only if time permits and at the discretion of the organizers. Late entry fees are per person, \$30.

The first event is \$30 and each additional event is \$15. NO refunds after closing date unless event is canceled by Albany FSC. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to Albany FSC. There will be a fee for returned checks.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Will be posted on the club website Thursday March 5<sup>th</sup> and emailed to all skaters and coaches.

MUSIC - The music for all free skating programs must be provided on CD's by the skater. CD's should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds.



# U.S. Figure Skating Basic Skills Competitions

## EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format choice of the host: Each skater will perform each element when directed by a judge.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on 1/3 to 1/2 ice
- No music
- **Elements must be skated in the order listed**

Level	Time	Skating rules / standards
Snowplow Sam 1-3	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two foot glide and dip</li> <li>• Forward two foot swizzles 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two foot glide and dip</li> <li>• Forward two foot swizzles 6-8 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one foot glide - either foot</li> <li>• Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two foot turn in place- forward to backward</li> <li>• Backward two foot swizzles 6 - 8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum three revolutions</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn - R &amp; L</li> <li>• Forward outside edge on a circle clockwise or counter clockwise</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop - R or L</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle clockwise or counterclockwise</li> <li>• Backward crossovers 4-6 consecutive - both directions</li> <li>• Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn - R &amp; L</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line - R or L</li> <li>• Lunge - R or L</li> <li>• T-stop - R or L</li> </ul>
Basic 7	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk - R to L and L to R</li> <li>• Ballet Jump - either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>
Basic 8	1:00 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns R &amp; L</li> <li>• Waltz Jump</li> <li>• Mazurka - either direction</li> <li>• Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>• Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ul>



## U.S. Figure Skating Basic Skills Competitions

### EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified. Vocal music is allowed.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on full ice
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules / standards
Snowplow Sam 1-3	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• March followed by a two foot glide and dip</li> <li>• Forward two foot swizzles 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 2-6 in a row</li> </ul>
Basic 1	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Forward two foot glide and dip</li> <li>• Forward two foot swizzles 6-8 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 6-8 in a row</li> </ul>
Basic 2	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Forward one foot glide - either foot</li> <li>• Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two foot turn in place- forward to backward</li> <li>• Backward two foot swizzles 6 - 8 in a row</li> </ul>
Basic 3	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum three revolutions</li> </ul>
Basic 4	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn - R &amp; L</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop - R or L</li> </ul>
Basic 5	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Backward crossovers 4-6 consecutive - both directions</li> <li>• Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn - R &amp; L</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line - R or L</li> <li>• Lunge - R or L</li> <li>• T-stop - R or L</li> </ul>
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk - R to L and L to R</li> <li>• Ballet Jump - either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>
Basic 8	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns R &amp; L</li> <li>• Waltz jump</li> <li>• Mazurka - either direction</li> <li>• Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge               <ul style="list-style-type: none"> <li>• Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ul> </li> </ul>



## U.S. Figure Skating Basic Skills Competition

### ***INTERPRETIVE PROGRAM:***

#### **Competition Format**

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

#### **Levels:**

Levels should be broken by ability with ages divided appropriately.

#### **Judging Rules:**

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

#### **Time:**

Music Duration Snowplow Sam – Basic 8 – 1:00

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.



# ALBANY FSC BASIC SKILLS COMPETITION ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Last First

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email Address \_\_\_\_\_

Area Code/Phone # \_\_\_\_\_ Birth date \_\_\_\_\_

U.S. Figure Skating number \_\_\_\_\_ Highest Level Passed \_\_\_\_\_

Program/Club Affiliation \_\_\_\_\_

Director's/Instructor's Name \_\_\_\_\_

**Please check the event(s) you are entering:**

**Basic Elements:**

\_\_\_\_\_ Snowplow Sam  
\_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 5  
\_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 6  
\_\_\_\_\_ Basic 3      \_\_\_\_\_ Basic 7  
\_\_\_\_\_ Basic 4      \_\_\_\_\_ Basic 8

**Basic Free Skate Program:**

\_\_\_\_\_ Snowplow Sam  
\_\_\_\_\_ Basic 1  
\_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 5  
\_\_\_\_\_ Basic 3      \_\_\_\_\_ Basic 6  
\_\_\_\_\_ Basic 4      \_\_\_\_\_ Basic 7  
\_\_\_\_\_ Basic 8

**Interpretive:**

\_\_\_\_\_ Snowplow Sam      \_\_\_\_\_ Basic 5  
\_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 6  
\_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 7  
\_\_\_\_\_ Basic 3      \_\_\_\_\_ Basic 8  
\_\_\_\_\_ Basic 4

**\*\*Mail or hand in this form (1 of 2)**

*ENTRY FEE IS \$30 PER EVENT, \$15 PER EACH ADDITIONAL EVENT*

First Event \$ \_\_\_\_\_

Additional Event \$ \_\_\_\_\_

Additional Event \$ \_\_\_\_\_

If not a current U.S. Figure Skating Basic Skills Member – add \$13

Total: \_\_\_\_\_

**The completed entry form, with fees, must be postmarked no later than Feb. 28<sup>th</sup>, 2015.**

Make check payable to **Albany FSC** and mail to: **Rachel Dotson; 50 Cheryl Court, Troy, NY 12180**

For additional information email: Rachel Dotson at [AlbanyFSCBasicSkills@gmail.com](mailto:AlbanyFSCBasicSkills@gmail.com)

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.**

**Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Albany Figure Skating Club and the Bethlehem Area YMCA Ice Rink harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

Program Director/Club Officer \_\_\_\_\_ Date \_\_\_\_\_

**\*\*Mail or hand in this form (2 of 2)**